



# Take a stand

## Nutrition Facts

Serving Size 1 Cup (240mL)

Servings Per Container About 4

Amount Per Serving

**Calories** 80

Calories from Fat 0

% Daily Value\*

**Total Fat** 0g

0%

Saturated Fat 0g

0%

**Cholesterol** Less than 5mg

1%

**Sodium** 125mg

5%

**Total Carbohydrate** 12g

4%

Dietary Fiber 0g

0%

Sugars 12g

**Protein** 9g

17%

Vitamin A 10%

Vitamin C 4%

Calcium 30%

Iron 0%

Vitamin D 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## learn the label fat-free milk

**serving size** — Note “serving size” and “servings per container” on the Nutrition Facts panel. Serving sizes influence the number of calories and nutrients listed on the label.

**% daily value** — The % Daily Value indicates if a food is high or low in a nutrient and how much one serving contributes to your total daily requirement. Twenty percent or more is HIGH; five percent or less is LOW.

**1 cup of milk** — One cup provides 30 percent, or 300 milligrams, of your daily calcium needs and 25 percent of your daily vitamin D needs.

## how much?

### Recommended daily amount of calcium:

age	milligrams of calcium	milk servings
9-18 years	1,300	4 cups
18-50 years	1,000	3 cups
over 50 years	1,200	4 cups

One cup of milk is the equivalent to 1½ ounces of cheese or 1 cup of yogurt.



## easy as 1-2-3

According to the 2004 *Bone Health and Osteoporosis: A Surgeon General's Report* and the *Dietary Guidelines for Americans 2005*, three 8-ounce cups of lowfat milk each day, combined with calcium from the rest of a normal diet, is enough to meet the recommended daily requirements for most adults.

## lactose intolerant?

According to the *Dietary Guidelines for Americans 2005*, if you are lactose intolerant, there is no need to forego dairy foods. Try lactose-free milk, aged cheeses, buttermilk or yogurt.

## bone boosters

**wake up your senses** Make oatmeal with milk, top it with fruit  
**quench your thirst a healthy way** Choose milk when eating out  
**upgrade your salad** Top it off with shredded cheese  
**soup up your soup** Prepare your soup with milk instead of water  
**for a healthy snack on-the-run** Grab a string cheese  
**for quick tips and great-tasting recipes** Visit [www.3aday.org](http://www.3aday.org)

## other important nutrients

While calcium and vitamin D play crucial roles in bone health, many other nutrients affect bones too, because they impact the absorption or excretion of calcium. Vitamins K and C, B-vitamins, magnesium and protein can help prevent bone loss and keep bones strong. Eat a variety of foods to ensure you are meeting your daily nutrient requirements for bone health.

### additional resources:

Surgeon General's Report: [www.surgeongeneral.gov](http://www.surgeongeneral.gov)

Dietary Guidelines: [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)



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